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CANADIANS AND COLORECTAL CANCER

Some 25,000 Canadians are diagnosed with colorectal cancer each year.

68 cases each day



When Canadians are asked to name the **3 DEADLIEST CANCERS**, 76% mention **lung cancer**, 63% say **breast cancer** and 38% **prostate cancer**.

IN FACT: Colorectal cancer is the **2ND DEADLIEST**, after lung cancer.

Canadians think only **59%** of colorectal cancer cases can be cured if detected at an early stage.

IN FACT: MORE THAN **90%** OF CASES CAN BE CURED IF DETECTED EARLY.

30% of Canadians believe that colorectal cancer causes symptoms so the disease can be detected in its early stages without screening.

IN FACT: SCREENING IS THE ONLY WAY TO DETECT COLORECTAL CANCER IN ITS EARLY STAGES.

Canadians have a higher awareness of **BREAST CANCER** (66%) and **LUNG CANCER** (64%) than of **COLORECTAL CANCER** (43%).

IN FACT: COLORECTAL CANCER ACCOUNTS FOR **13% OF ALL CANCERS**, almost the same incidence as lung cancer (14%) and of breast cancer (12%).

65% of Canadians don't know they should start **REGULAR SCREENINGS** for colorectal cancer **AT AGE 50**.

IN FACT: MORE THAN **90% OF COLORECTAL CANCER CASES OCCUR AMONG CANADIANS 50 OR OLDER**

THERE REMAINS A CERTAIN TABOO ABOUT GETTING SCREENED FOR COLORECTAL CANCER, with about twice as many people saying they would be embarrassed to be screened for colorectal cancer (24%) as for skin cancer (13%) or breast cancer (13%).

When Canadians are asked to name the various risk factors for colorectal cancer, they rank:

1 Lifestyle (38%) **2** Heredity (30%) **3** Age (24%)

IN FACT: LIFESTYLE AND AGE ARE THE MAIN FACTORS. Heredity only accounts for between 10% and 20% of cases.

WHAT YOU CAN DO TO LOWER YOUR RISK OF COLORECTAL CANCER



GET ENOUGH FRUITS AND VEGETABLES, WHOLE GRAINS, LEGUMES AND MILK.



DRINK PLENTY OF WATER.



EXERCISE REGULARLY.



GET SCREENED REGULARLY STARTING AT AGE 50.



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*Donations up to a maximum of \$100,000. Survey stats from Ipsos, 2015

Colorectal Cancer Association of Canada


30TH ANNIVERSARY
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HALIFAX, MARCH 30

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Halifax metro

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We call suicide a 'preventable cause of death'

STEPHEN KIMBER
Weighing in on the tragedy of Cody Glode
metroVIEWS

Your essential daily news | **MONDAY, MARCH 21, 2016**

High 4°C/Low -3°C Rain and snow

BARRINGTON STREET

Khyber's future back before city


Zane Woodford
Metro | Halifax

The fate of the Khyber building is back in the hands of Halifax regional council.

A staff report coming to council's Tuesday meeting gives two options for the historic "arts incubator" at 1588 Barrington St.: The building can be categorized as community interest and sold at less than market value, or it can be categorized as economic development and sold at market value.

Staff recommend the first option, which would allow the group Friends of the Khyber to purchase the building for \$1.

The group submitted a proposal plan for renovating and operating for the building to the municipality, but if the building is categorized as community interest, there would be an open call for more proposals.

That process could take up to two years, which would give Friends of the Khyber time to raise the money needed to renovate the decrepit building.



HALIFAX HEROES

WAVE OF SUCCESS

SurfAble helping people with spinal cord injuries — and it's gaining momentum
metroNEWS



Paula Green, an occupational therapist who is one of the leading forces behind the non-profit organization, at Lawrencetown Beach on Sunday. JEFF HARPER/METRO

2016'S FEDERAL BUDGET

Economic jitters
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Analysis from Ottawa
metroNEWS

Arts funding
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MARCH BREAK HAL-CON TAKES OVER CHAPTERS A cosplayer dressed as Captain Toad from Nintendo's Mario franchise waves to kids at the Dartmouth Chapters on Sunday. The special appearance by the treasure-tracking character marked the third year in a row that members of Hal-Con "invaded" the store during March break. **JEFF HARPER/METRO**

Workshops teach 'sustainable skills'

COMMUNITY

Participants try their hand at knitting, bike repair



Rebecca Dingwell
For Metro | Halifax

If you were offered the chance to gain skills such as knitting, bicycle maintenance and travelling solo all in one day, would you try?

On Saturday, a group of eager learners — mainly students — convened at Dalhousie University to do just that. The event, called SkilledUp, was organized by Your Environmental Sustainability Society (YESS). The Dalhousie-based society aims to give students the skills they need to participate in local sustainability initiatives.

"We had to reschedule it because of the snowstorm that



Eric Jonsson, board member of the Halifax Cycling Coalition, preps his bicycle before hosting a workshop on bike routes and maintenance. **REBECCA DINGWELL/FOR METRO**

happened a couple weeks ago," said YESS President Meredith Baldwin. "So, our numbers are a little bit down, which is too bad ... but we still have a lot of new faces around, which is really great."

Baldwin said YESS members were inspired to create their own set of workshops after at-

tending Rural Roots, a skill-sharing festival in Lower Ship Harbour.

"We started to see how important these skills actually are and wanted to build it more into school and into what we do in this community," she explained.

YESS reached out to other groups: PLANifax, Halifax Cyc-

ling Coalition and Stop Alton Gas, for instance. This gave them a spread of workshops throughout the morning and most of the afternoon.

"It's kind of just all the groups who are doing awesome things at Dal, picking out skills that they might want to share with other students."

Keslyn Ayow-James, an engineering student with an interest in the environment, said she saw the event on Facebook and it sparked her attention.

"I saw the workshop schedule, and I was really interested in learning about the local food movement," she said. "Also, this morning Divest Dal came and talked about what they're working on."

Ayow-James was particularly fascinated with what it would take for Dalhousie to divest from fossil fuels.

"I want to do environmental engineering, and so for me, what I got from this was just learning more about sustainability at Dal," she said.

MIDDLE EAST CONFLICT

Activists 'picket for peace' at MP's office

About a dozen protesters lined up outside the office building of Halifax MP Andy Fillmore on Saturday calling for the end of Canada's involvement in wars in the Middle East.

The protest, called "picket for peace," was part of a Canada-wide initiative.

Demonstration organizer Ryan Barry said Fillmore wasn't in, but that didn't matter. The protest's location was meant to be symbolic.

"The whole idea here is to show solidarity with the people of Syria (and) solidarity with the people of Iraq," said Barry. "From my standpoint, and what I understand, our government continues to support regimes in the Middle East."

Barry was referring to regimes such as that of Saudi Arabia, which he said spreads "extremist Islam throughout the Middle East."

Allan Bezanson, who ran against Fillmore in October's



Protesters lined up outside the office of Halifax MP Andy Fillmore. **REBECCA DINGWELL/METRO**

election, attended the protest on behalf of a group called No Harbour for War.

"We need ordinary people like us — ordinary Haligonians to be the decision-makers in this country," said Bezanson. "We don't want (Fillmore) representing us; we also don't want Trudeau to represent us."

REBECCA DINGWELL/FOR METRO

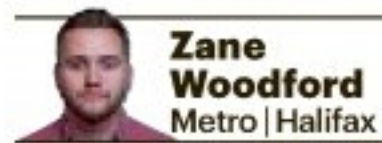


The whole idea here is to show solidarity with the people of Syria and solidarity with the people of Iraq. **Ryan Barry**

Breaking down the walls

RACIAL DISCRIMINATION

Service aims to bolster ties between police, community



Zane Woodford
Metro | Halifax

A service at Cornwallis Street Baptist Church Sunday aimed to break down walls between Halifax police and the community they serve in the North End.

The service has been held every year for more than a decade, marking the United Nations' International Day for the Elimination of Racial Discrimination, March 21.

"It is about community and law enforcement coming together ... just so that we get to know one another," Rev. Dr. Rhonda Britton said after the service.

Britton led the service, and members of Halifax Regional Police, including Chief Jean-Michel Blais, and RCMP served as a choir.

"We have people and community that feel that law enforcement has not always been on their side," Britton said. "As people who have felt victimized, it's important for them to understand that police and community should work together in order to have the kind of community that we would like to have."

Britton spoke about the challenges for diversity and inclusion in 2016, and lamented the rise of Donald Trump and his



A parishioner sings and claps along to the music during a service marking the International Day for the Elimination of Racial Discrimination at Cornwallis Street Baptist Church on Sunday. ZANE WOODFORD/METRO

supporters' views in her home country, the U.S.

"The way the climate is in America right now it is stirring up a lot of old, racist hatred and anger," she said.

"It seems like we are going backwards."

Blais said after the service that the kinds of injustices seen in the U.S. are not unique to that country, and there are lessons to be learned from them.

"We want to make sure that they don't perpetuate, and they don't continue, and it doesn't happen to anyone else who

comes here or is already here in Halifax," he said.

"It's a matter of taking the lessons that we've seen at the international stage and applying them here locally."

Both Blais and Britton spoke of the need for people to confront their own "implicit biases" when it comes to race.

"If we can begin to check those things and be honest with ourselves, then we can make a difference," Britton said.

"When we come together in a service like this, and we talk about how we need to break down these racial barriers and change our attitudes, we challenge people and we charge them to take that out into their everyday lives."



Rev. Dr. Rhonda Britton and Halifax Regional Police Chief Jean-Michel Blais, along with HRP and RCMP members, sing during the service. ZANE WOODFORD/METRO



Owen Ross Gibson-Skeir
CONTRIBUTED

SEX TRAFFICKING

Wanted man arrested



Rebecca Dingwell
For Metro | Halifax

Police in Halifax have located a young man accused of trafficking a 14-year-old girl who was being sexually exploited.

According to a release by Halifax Regional Police, Owen Ross Gibson-Skeir was arrested by members of the RCMP in Cole Harbour at around 6:30 a.m. Saturday.

Gibson-Skeir will appear in Halifax provincial court Monday to face several serious charges.

Police issued a warrant Friday for 20-year-old Gibson-Skeir in relation to a three-month investigation.

Police are alleging the accused was trafficking the 14-year-old victim in Dartmouth and Halifax between Jan. 10 and March 9.

The arrest warrant was made public Friday night as police asked for the public's help in locating Gibson-Skeir, who was described as dangerous and someone who shouldn't be approached.

“The service is a great kind of olive branch that each side can extend to the other. Rev. Dr. Rhonda Britton

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City reveals transit plan

BUS ROUTES

Union head calling for plebiscite



Haley Ryan
Metro | Halifax

The revised Halifax Transit plan gives more details on new routes, but many of the routes are small adjustments, according to Coun. Tim Outhit.

"It's more tweaking to me than sort of revolutionary changes," said Outhit, who sits on the Transportation Standing Committee.

On Friday, the Moving Forward Together Plan was posted online ahead of this Thursday's committee meeting, with full maps, step-by-step details of what the new routes would look like, and scheduled rollout over five years.

The Halifax Transit redesign has been in the works since February 2013, and public consultation of the draft plan happened

over 10 weeks from Feb. 17 to April 24 last year where more than 15,000 people filled out surveys and hundreds more gave feedback through popup meetings and Twitter town halls.

The revised plan includes the top 14 concerns gathered through the feedback, and changes were made to accommodate six of those like keeping Route 1 the same in the west end peninsula and improving connections between the Bedford Highway and universities.

The new service types include corridor routes numbered 1-9 that have the highest frequency, then local routes (20-99), express (100-199), regional express (300-399), rural (400-499), then ferry, school routes and Access-A-Bus.

Outhit said he was impressed at the level of public engagement and that Halifax Transit listened to feedback, but not so happy about the five-year timeline to fully implement the changes.

A vital part of the transit conversation in HRM is rail and ferries, Outhit said, and it's hard to assess how much residents



+ SERVICE CUTS

Routes to be eliminated

Some areas of low service will be cut under the plan, including Sambro by Route 402, and areas of Prospect Road, Beaver Bank Road and Waverley Road. METRO

New bus routes have some critics, even after public input. JEFF HARPER/METRO

will be impacted by the redesign without taking into account the Integrated Mobility Plan due before council this April.

Traffic priority measures like a dedicated bus lane or widened streets would need to go in to make a difference in reliability and speed during peak hours, Outhit said, while buses are half a million dollars each and come with an 18-month waiting period.

"This is why I'm so reluctant to believe that buses, or buses only, are our solution," Outhit said.

Transit union president Ken Wilson said Friday he hadn't had

time to examine all the routes but noticed some things that concerned him after putting them on his wall to get a good look.

Wilson said it appears drivers will be making right or left turns they've never done before, meaning stop lines would have to be moved back on some intersections, and shifting Route 7 from St. Pauls Street to the steeper Glebe Street both ways.

"What's that going to do in bad weather when they pull us off of hills?" Wilson said.

The Amalgamated Transit Union (ATU) local hopes to re-

lease a report before Thursday's meeting, Wilson said, but added he'd like to see a plebiscite on the whole plan to give residents their say.

"To blow up the main core routes that have been entrenched for three decades or more is risky," Wilson said.

Outhit said a plebiscite on the issue seems like "overkill" especially in light of the weeks of public consultation, but said a final decision won't come Thursday since the plan will likely be pushed to committee of the whole.

COLE HARBOUR

Man attacked, robbed



Philip Croucher
Metro | Halifax

A man was beaten and robbed by three people while walking in Cole Harbour on the weekend.

The RCMP say around 11 p.m. Friday, the 29-year-old victim was walking along Ross Road when three men got out of a car, and assaulted him.

They then stole the man's wallet and backpack, which had some cash inside, along with a gaming system.

The victim suffered minor injuries and didn't need any medical attention.

The suspects, police say, got in their car after the attack and drove off.

Police say the vehicle is described as a four-door black sedan.

The suspects were described as two black men, and one white man, all of whom were about six-feet tall.

Anyone with information is asked to contact police, or Crime Stoppers.

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Making surfing accessible

SURFABLE

Therapist helps those with spinal injuries ride the waves



Yvette d'Entremont
Metro | Halifax

For people who have struggled to come to grips with the phrase 'You'll never walk again,' learning to surf can be a life-altering experience.

Over the past few years occupational therapist Paula Green has dedicated much of her free time working to make that experience a reality for Nova Scotians with spinal cord injuries.

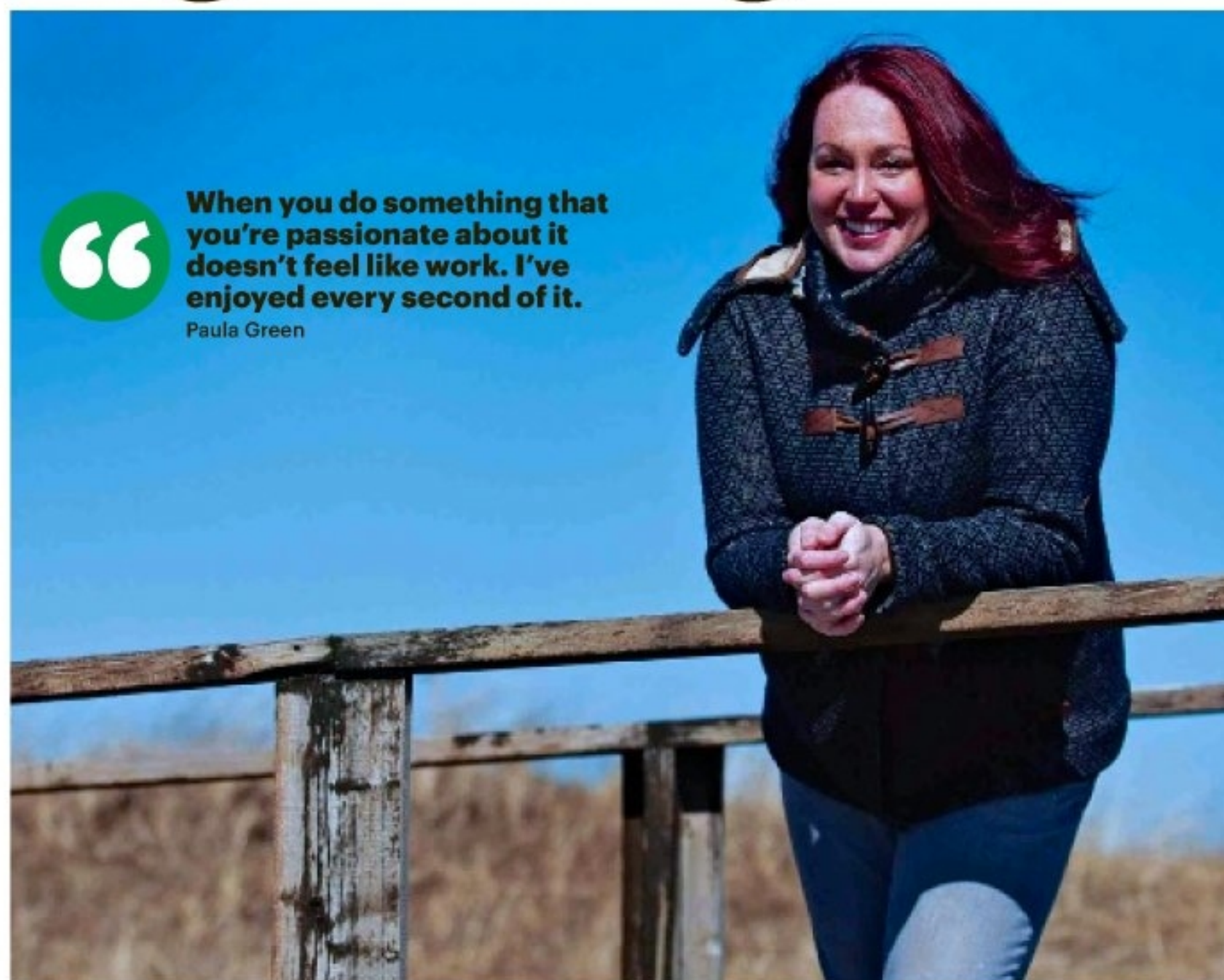
The Lawrencetown resident and mother of three is one of the leading forces behind SurfAble, a non-profit organization that officially formed three months ago.

SurfAble grew out of Green's brainchild event held in 2014 in partnership with Life Rolls On. That California-based organization founded by Jessie Billauer is "dedicated to improving the quality of life for young people affected by spinal cord injury" using action sports.

Green and her husband are avid surfers. She submitted an application to request Billauer's non-profit help stage a Nova Scotia-based surf event for people with spinal cord injuries.

It took a few years to make it happen, but Green and a committee of like-minded people raised \$55,000.

Those funds helped make Martinique Beach accessible and brought four people from Life Rolls On to the province to



Paula Green takes a moment to pose for a photo at Lawrencetown Beach on Sunday. JEFF HARPER/METRO



When you do something that you're passionate about it doesn't feel like work. I've enjoyed every second of it.

Paula Green

teach the community the skills needed to put on the event.

It also helped them link with sponsors to buy equipment like beach wheelchairs, adaptive surfboards and beach mats.

"I worked on it every single day for a year after we decided we were going to make it happen, but I didn't work alone," Green insisted.

"There was a lot of time that went into it because we were starting from scratch."

The tasks faced by Green and her committee included modifying wetsuits through a medical supply company and working with a local surf shop to modify surfboards with rails and handgrips.

The 2014 event brought 18

surfers and 120 volunteers to Martinique Beach, in addition to many in wheelchairs who came to watch.

For some, it was the first time they'd been able to access a beach since their injury years or decades before.

Green said the happy stories from that day are with her still.

"One volunteer (Alex Chand-

ler) was with surfer Paul Vienneau and at one point he bailed into the water and Alex immediately bolted to grab him out of the water and Paul said 'Step back man. This is the first time I've been in the ocean since my accident. Just let me float here for a minute,'" Green said.

"Alex took a step back and

+ NOMINATIONS

Each Monday, we will profile an unsung volunteer hero in our community as part of Halifax Heroes. To nominate someone, email philip.croucher@metronews.ca, Metro Halifax's managing editor, or Tweet @metrohalifax using the hashtag #Halifaxheroes.

he realized the magnitude of what he was experiencing... After the event, Paul said, 'I'm so happy that this event happened.' He said it wasn't about adaptive surfing, it was just about surfing."

The group couldn't host an event in 2015, but now that they've formed as a non-profit, the 2016 SurfAble event is ready to roll on Aug. 20 at Martinique Beach.

"We've had a huge national and international response from the first event. We've had people call us from India who've heard about it," Green said.

"I think it's something that people will plan their vacations around. We're hoping and expecting to have a much larger turnout this year."

Green was also recently contacted by the Canadian Surfing Association about the possibility of establishing a Canadian team of adaptive surfers who could compete internationally.

"That's where I see it going. I hope we can link up with the folks on the Pacific side," she said.

"It would be nice if this could be a coast-to-coast thing and the newest Canadian sport, adaptive surfing."

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Court document details confession

MURDER TRIAL

RCMP allege police officer was punched, then strangled

A 28-year-old man accused of killing a Nova Scotia police officer allegedly confessed to being responsible for her death, telling investigators he strangled her and heard "her last gasp," according to an affidavit filed by police in provincial court.

Christopher Calvin Garnier is facing charges of second-degree murder and indecently interfering with a dead body in connection with the death of 36-year-old Catherine Campbell in September.

In a sworn affidavit by RCMP Const. John Berger filed with the court to obtain a warrant for Garnier's DNA, Berger writes that Garnier told two officers he punched Campbell several times in the face and then strangled her.

"He said he could hear her last gasp," read the document filed with Halifax provincial court on Feb. 10.



Christopher Garnier is seen at Halifax provincial court in this file photo. JEFF HARPER/METRO

None of the allegations in the affidavit have been proven in court.

Campbell's body was discovered Sept. 16 near an overpass that leads to the Macdonald Bridge connecting Halifax and Dartmouth, two days after she failed to show up for work with the Truro Police Service.

The affidavit alleged Garnier also admitted to officers that he had planned to move Campbell's remains, but didn't manage it before they were discovered.

"He says that the trap, gloves, and other items in his car were to be used for that," stated the RCMP affidavit, referring to items found in the vehicle Gar-

nier was driving at the time of his arrest.

"He had his passport and was contemplating fleeing but he did not want to leave his girlfriend."

CBC reports that the lawyer for Garnier said police are entitled to their views but the only interest of the Crown and defence is proven facts.

+ CAMPBELL

Catherine Campbell served as a volunteer firefighter for 10 years in her hometown of Stellarton. Her family has said she held a variety of jobs in the community before deciding to train



CONTRIBUTED

as a police officer, finding a job in Truro as soon as she graduated six years ago.

a man police believe to be Garnier was caught on surveillance video leaving a McCully Street address and rolling a green bin down Agricola Street in his bare feet, returning half hour later with no green bin.

"I believe the video captures Mr. Garnier attempting to remove evidence and Ms. Campbell's body from the murder scene," Berger writes in the affidavit.

The documents allege the key to a vehicle and a gym membership tag, both belonging to Campbell, were found in a dumpster within 30 metres of the McCully Street address, where Garnier's friend lives.

A "discarded" green bin was found in a wooded area off Barrington and North streets, roughly seven minutes from the McCully Street address, the affidavit said.

It also said blood evidence was found on the floor and wall of the family room at the McCully Street address as well as on the pull-out sofa and the door handles of the cleaning supplies cabinet. DNA swabs taken from multiple locations inside the residence were a match for Campbell, it said. THE CANADIAN PRESS

When the budget happens

CBCnews NETWORK

Canada's 24hr News



Donelda MacAskill, 62, of Englishtown, receives a cheque for more than \$1.7 million after flipping over the ace of spades in the final Chase the Ace draw in Inverness on Saturday Oct. 4, 2015.

THE CANADIAN PRESS

Chasing the ace to wish fulfilment

LOTTERY

Mother's prize makes son's lobster fishing dream a reality

A Nova Scotia woman who won \$1.7 million in a local lottery that triggered a provincewide "Chase the Ace" craze says her son has been able to follow his dream of becoming a lobster fisherman because of her winnings.

Donelda MacAskill won the jackpot last October in a game of Chase the Ace that drew tens of thousands of people to the tiny Cape Breton community of Inverness.

The 61-year-old woman from Englishtown, N.S., said since her big win, she's helped her 38-year-old son Kenzie follow in his father's footsteps to at-

tain a lobster fishing licence of his own.

"The first year he was fishing with us about 18 years ago, he had been on the boat about three weeks and he pushed the trap over the side and he turned to me and said, 'How much longer is dad going to fish?'" said MacAskill with a laugh.

"To get into lobster fishing, it's extremely expensive. So this helped a lot."

Chase the Ace is similar to a 50-50 draw in which players buy numbered tickets for about five dollars each.

The winner gets a percentage of the total ticket sales and a bigger jackpot if they pull the ace of spades from a deck of cards that gets smaller with each successive draw.

MacAskill said she also bought a tractor for her husband John, and a mini home for her youngest son Kirk.

But for the most part, life is much the same as before her Chase the Ace win, said MacAskill.

"I still shop in the same places that I shopped before and I'll be getting my boat ready soon."

"I'll be doing the boat tours this summer the same as I've done the last 21 years," said MacAskill, referring to her puffin boat tour business on the Cabot Trail.

"It just doesn't make sense to fly to Paris to pick up toilet paper."

MacAskill said she wasn't prepared for the notoriety that comes with winning a \$1.7 million lottery.

"I'm totally amazed that even after the six months, there's basically nowhere I can go that somebody doesn't walk up to me and ask me if I'm the one that won," said MacAskill.

THE CANADIAN PRESS

ON THE ROADS

Man, 76, dies in crash

Police in Nova Scotia say a 76-year-old man is dead after the car he was driving left the road Sunday morning.

Lunenburg RCMP were called to the single-vehicle accident at the intersection of Newburne Road and Veinotte Road in the community of Newburne around 11 a.m.

The driver died at the scene, police said.

An RCMP collision analyst is investigating to determine the cause of the crash. METRO

STORM

Winter is coming to province again

Halifax and the surrounding region appears set to miss the worst of the snowfall coming from an early spring storm on Monday.

On Sunday, Environment Canada issued snowfall warnings for five counties in Nova Scotia — Colchester, Cumberland, Annapolis, Kings and Digby.

Up to 15 centimetres of snow is expected in those counties before a possible change over to freezing rain

or ice pellets.

There were no warnings issued for Halifax by Environment Canada in preparation for the messy weather, however, the region is still forecast to receive a less severe 10 centimetres of snow, mixed with freezing rain and ice pellets.

The winter weather is then expected to turn into a more seasonal rain storm in the afternoon.

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Ahead of the budget, economy top of mind

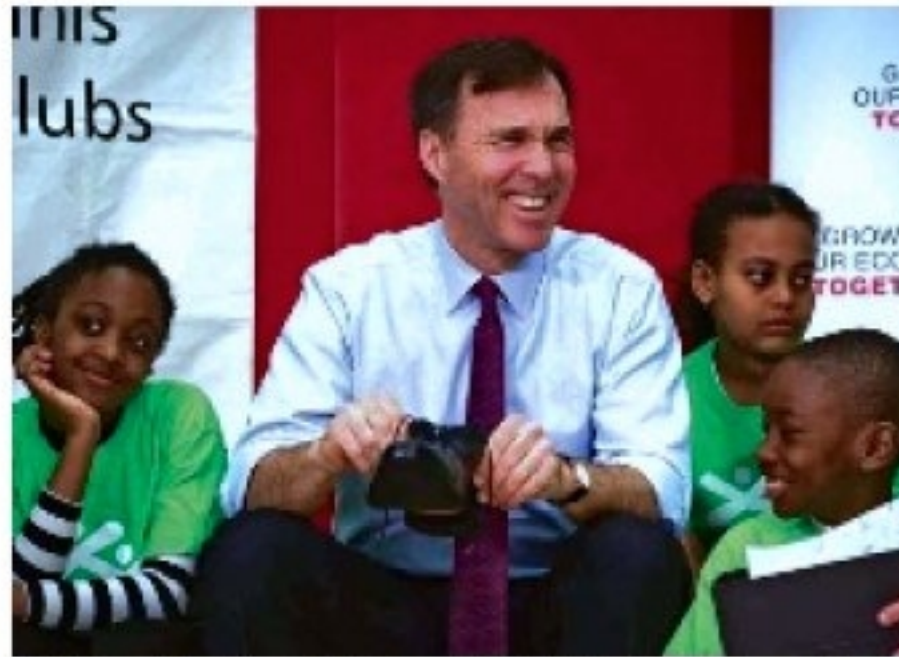
POLITICS

Canadians are worried about financial security: Poll

Prime Minister Justin Trudeau's government takes the wraps off its first budget Tuesday at a time when many Canadians are worried about economic uncertainty and a majority fear for their own financial security, a new poll shows.

Trudeau's promise of economic help for the middle class — an issue his Liberals campaigned on — comes as sluggish growth and more recent economic turmoil sparked by the sharp drop in oil prices has shaken the confidence of Canadians, according to the poll by Forum Research.

It found that 33 per cent of those surveyed believe the economy will worsen while just 24 per cent expect the economy to improve this year. Just over one-



Kids from the Kiwanis Boys and Girls Club laugh along with Minister of Finance Bill Morneau as he puts on his new budget shoes in Toronto, Ont. TORSTAR NEWS SERVICE

third of respondents think the economy won't change.

And those economic jitters have most Canadians now fretting about their own prospects, with 69 per cent saying they are concerned about their financial security.

The poll found that younger people, ages 18 to 34, are among those most pessimistic about the economy and their own financial security.

That's no surprise to Bilan Arte, national chairwoman of the Canadian Federation of Stu-

dents, who says young people are struggling with "skyrocketing" tuition fees, growing debt and an uncertain job market.

"We need some strong leadership at the federal level to present a bold plan to save this generation," she said, noting that youth unemployment is running at 13 per cent.

During the election, the Liberals promised action to make post-secondary education more affordable and help getting young people into the job market. And Trudeau made himself the minister of youth, setting expectations high on the file. Young people will now be watching to see if those promises become a reality to help set them up for economic success, Arte said.

When asked what they want to see in Tuesday's budget, Canadians put tax cuts at the top of their list (23 per cent), followed by infrastructure spending (18 per cent) and action on jobs (15 per cent), the poll found.

TORSTAR NEWS SERVICE

FEDERAL BUDGET

The stakes are high come this Tuesday



Steve Rennie
Metro | Ottawa

We're about to find out if the Liberals can kickstart Canada's sputtering economy through spending.

We already know the broad strokes of the federal Liberal government's inaugural budget. Lots of spending on what Prime Minister Justin Trudeau has called "unsexy" things, like upgrading roads and bridges. Sort of like the old Conservative Economic Action Plan, but with better hair.

But perhaps the most interesting part of Finance Minister Bill Morneau's first budget will be not line items on spending (even if past budgets have tended to feature more sweeping rhetoric than nitty gritty details), what it says about this Liberal government.

Recall the first Conservative budget of the Stephen Harper era. It was meant to paint the Conservatives as the party of the suburban middle class.

They cut the GST by one percentage point as they began to chisel away at programs

and spending. They scrapped the Liberal plan for a national child-care program in favour of sending parents monthly cheques for each child under the age of six.

So what will Tuesday's budget say about Trudeau's Liberals? It is on this budget (and how they follow through on it) that they will be judged. In four years, we can look back and see if their multibillion-dollar gambit on infrastructure spending actually lead to the creation of more jobs — and if so, were they high-paying, full-time jobs, or temporary, lower-paying ones. After all, jobs are the most important part of this budget. The Liberals campaigned on a promise to create 40,000 jobs for young Canadians each year for the next three years — including 5,000 youth green jobs. On Tuesday we'll see just what the plan is to deliver on that jobs promise.

You only get one chance to make a first impression.

Steve Rennie is the managing editor of Metro Ottawa



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EDMONTON ESKIMOS

Name still has to go: Obed



Alex Boyd
Metro | Edmonton

When Natan Obed, president of the Inuit Tapiriit Kanatami, wrote an op-ed calling on the Edmonton Eskimos to lose the slang word for Inuit from their name, it ignited a discussion in the city. That was November.

When Metro asked then what actions would be taken, the team told us that was a question for the future.

In January, the team invited Obed to Edmonton to talk it out. Metro finally got both sides on the phone to talk about the meeting.

How did the meeting go?

The team was gracious in hosting us, they listened to the concerns that I put forward about the use of the name, and now we're interested to know about how to move forward.

Has your position on the name changed?

It's pretty simple from our end that the change in team name is what we hope for. The dialogue that we may have started is one that I'm grateful that they were open to ... but until the name is changed, there really isn't much more to talk about.

Were you disappointed in the meeting?



Edmonton Eskimos' Adarius Bowman THE CANADIAN PRESS

I think that it is too strong a word. I recognize that it is an issue that needs to be brought up with the ownership group and their relations, with respect to marketing and the fans, so I'm not discounting any of that. It seems as though the City of Edmonton and the Edmonton franchise both want to do what is right, and both were largely oblivious to any negative connotation to the name itself.

Your position is somewhat controversial, even within the Inuit community.

What I've said and will continue to say is that there are Inuit that are offended by it and we should live now where we try to ensure that we are providing a safe environment. I don't ever

want to be called that term ... I played sports — I grew up playing hockey, and I've been called a 'dirty Eskimo' and a 'n—'. I've been called all sorts of names, and I know just how deeply those things hurt and how deeply they change perception of yourself. And the fact that it is still okay for the Edmonton football team to use that name every single day when it is not okay to use it in any other context to describe our people? That's something we need to come to terms with.

+ RESPONSE

In a statement emailed to Metro, a representative from the Edmonton Eskimos confirmed they invited Obed for a meeting with club president and CEO Len Rhodes in January. The statement describes the meeting as "extremely cordial" and says that Rhodes "expressed how the Football Club always aims to respect all members of the community and will continue to do so." The statement continues: "This was a face-to-face meeting that created an open dialogue that we hope continues into the future."



Nico Montoya, a 13-year-old boy with Down syndrome, sits on the couch at his home with his mother Alejandra Garcia, centre, and his sister Tania. Nico's father, Felipe, is contesting a Citizenship and Immigration ruling that could bar his family from residency due to Nico's disability.

MARK BLINCH/THE CANADIAN PRESS

Professor, family denied residency

IMMIGRATION

Son's disability at the heart of dispute over immigration

An Ontario university professor who has applied for permanent residency in Canada may face refusal because his son has Down syndrome.

Citizenship and Immigration Canada has told Felipe Montoya that his 13-year-old son Nicolas's condition makes him inadmissible to Canada because of the potential burden he would place on the health-care system.

"We consider it to be in contradiction to the charter for many reasons, and we think that it's based on outdated views of so-called disabilities and that it needs to be looked at again and brought up-to-date," Montoya said, adding the case could impact families beyond his own.

Montoya moved to Canada from his native Costa Rica to

take up a position at Toronto's York University, where he is a full-time tenured professor of environmental studies.

Three years ago, he filed an application for permanent residency for himself and his family.

Nicolas's Down syndrome was disclosed at the outset and confirmed by doctors in medical exams required for the application process. Montoya said Nicolas, along with all the rest of the family, was found to be perfectly healthy, and he hoped the medical clearance would

Montoya said CIC provided no explanation of how the estimate was reached, adding that his son did not require special accommodations and joined a pre-existing community classroom in his local public school.

Cases like Montoya's are surprisingly common, according to Toronto immigration lawyer Henry Chang, but the family can dispute the finding.

They can file documents challenging CIC's calculations of Nicolas' financial needs or appeal on humanitarian grounds,



It's based on outdated views of so-called disabilities.

Felipe Montoya

help finalize his application.

CIC said it couldn't comment on the specific case, but the letter said that Nicolas's disability might cause "excessive demand" on social services, estimating that special education supports for him would cost between \$20,000 and \$25,000 a year.

Chang said, or present evidence they are willing and able to shoulder some of the costs themselves.

Montoya said the family is braced for a number of outcomes, including the possibility they will have to return to Costa Rica. THE CANADIAN PRESS

TRIAL

Ghomeshi could rebound

It took mere days for Jian Ghomeshi's celebrated media career to disintegrate when sexual assault allegations first emerged in 2014.

A judge is poised to release a verdict on the bulk of those charges Thursday, a ruling that will likely determine whether Ghomeshi has a chance at ever

working in the public eye again.

Some image experts believe the 48-year-old Ghomeshi could possibly bounce back — if he's acquitted of all charges.

"There are things he can do, absolutely, but we're talking about a reputation that's been slaughtered," says Eric Schiffer of

the California-based firm Reputation Management Consultants.

"He's been decimated, but there are tremendous opportunities. If he is innocent and found innocent, I think you can certainly do a magnificent job in telling this story from a different perspective." THE CANADIAN PRESS



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'It is wonderful to be here'

Spotlight on **CUBA**

Presidential trip revives relationship with nation

Stepping into history, U.S. President Barack Obama opened an extraordinary visit to Cuba on Sunday, eager to push decades of acrimony deeper into the past and forge new ties with America's former adversary.

"It is wonderful to be here," said the American president.

Obama's whirlwind trip is a crowning moment in his and Cuban President Raul Castro's ambitious effort to restore normal relations between their countries. While deep differences persist, the economic and political relationship has changed rapidly in the 15 months since the leaders vowed a new beginning.

Wielding an umbrella on a rainy Havana afternoon, the president stepped off of Air Force One and was greeted by top Cuban officials, including Cuba's foreign minister and U.S. ambassador. He was joined by



First lady Michelle Obama, President Barack Obama, and their daughters arrive at Jose Marti International Airport for a 48-hour visit on Airforce One Sunday in Havana, Cuba. Obama is the first President in nearly 90 years to visit Cuba. JOE RAEDLE/GETTY IMAGES

first lady Michelle Obama and daughters Malia and Sasha, with dozens of U.S. lawmakers and business leaders arriving separately for Obama's visit.

His first stop was a Havana hotel, where Obama greeted U.S. Embassy staff and their

families and noted the momentous nature of his visit — the first by a sitting U.S. president since 1928, when Calvin Coolidge arrived in a battleship.

"This is a historic visit, and it's a historic opportunity to engage with the Cuban people,"

Obama said.

A highlight of Obama's visit comes Tuesday when he joins Castro and a crowd of baseball-crazed Cubans for a game between the beloved national team and Major League Baseball's Tampa Bay Rays. The

TRAVEL

Online lodging service Airbnb is allowing travellers from around the world to book stays in private homes in Cuba after the San Francisco-based company received a special authorization from the Obama administration, Airbnb announced Sunday.

Airbnb was the first major American company to enter Cuba after Presidents Barack Obama and Raul Castro declared detente on Dec. 17, 2014.

president also planned a speech at the Grand Theater of Havana laying out his vision for greater freedoms and more economic opportunity in Cuba.

A major focus for Obama was pushing his Cuba policy to the point it will be all but impossible for the next president to reverse it. That includes highlighting new business deals by American companies, including hotel chains Starwood and Marriott and online lodging service Airbnb. THE ASSOCIATED PRESS

DIPLOMACY

Obama visit a first step



Gilbert Ngabo
Metro | Toronto

U.S. President Barack Obama's visit to Cuba has been a long-anticipated event for Julio Fonseca.

The language professor at Toronto's York University grew up in Cuba and remembers the atrocious effects of the U.S. trade embargo on ordinary people's lives.

"It was very bad in the 1960s," he said. "No one cared whether you had toothpaste or soap. Those basic things we take for granted were very hard to find."

Fonseca, who is also the president of the Association of Cubans in Toronto, said Cuban-Canadians expect Obama's visit to serve as a step in the direction of normalizing relations between the two countries.

"This conflict has been there for over half a century. It's time for a change," he said.

On top of Cubans' wish list is the lifting of the economic blockade — which Obama has asked Congress to look into. There's also the need to close down the naval base at Guantanamo Bay.

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U.S. PRESIDENTIAL RACE

'Illegal immigration is gonna stop': Trump

Donald Trump's campaign in Arizona is centred on his hard line against illegal immigration, a stand that supporters embraced in a series of tense rallies ahead of Tuesday's presidential primary. "Illegal immigration is gonna stop," Trump said Saturday night in Tucson. "It's dangerous. Terrible."

Both in Phoenix and Tucson, Trump was introduced by former Arizona Gov. Jan Brewer, who pushed tough immigration laws in office.

Protesters showed up at every event. In Phoenix, they blocked the main road into his outdoor rally for several hours before it started. In Tucson, they interrupted him and some were tossed from the event.

Police said Sunday that about half a dozen people were arrested

at the Arizona rallies, including two on misdemeanor charges of assault.

Trump was campaigning in Arizona ahead of Tuesday's primary in which the winner will take all 58 delegates at stake.

Trump's main rivals, Texas Sen. Ted Cruz and Ohio Gov. John Kasich, are desperately trying to prevent the real estate mogul from accumulating the 1,237 delegates needed to secure the nomination at the party's national convention in July. They are hoping for a contested convention in which delegates would be free to turn from Trump if he fails to win a majority on the first ballot. Trump has won 678 delegates in contests held thus far, with Cruz in second place with 423 delegates.

THE ASSOCIATED PRESS



Anti-Trump protester Bryan Sanders, centre left, is punched by a Trump supporter at Donald Trump's rally in Tucson, Ariz., on Saturday. MIKE CHRISTY/ARIZONA DAILY STAR/THE ASSOCIATED PRESS

IN BRIEF

Suicide bomber identified

Turkey's interior minister on Sunday identified the suicide bomber who killed four foreign tourists in Istanbul as Mehmet Ozturk, a militant with links to the Islamic State of Iraq and the Levant (ISIL). Saturday's explosion wounded dozens of others. THE ASSOCIATED PRESS

Bird halts roller-coaster

Roller-coaster riders at one of Beijing's major amusement parks were left hanging upside down for almost 20 minutes when a bird stood on one of the ride's safety sensors. The park said in a statement that a bird landed on the sensor and activated an emergency procedure, immediately stopping the roller-coaster as it travelled upward. THE ASSOCIATED PRESS

Study: Reproduction up in bears who eat human food

Colorado researchers say black bears that eat human foods from trash cans have higher reproductive rates than those living on natural foods. The study also found that bears that eat human food don't survive as long as those left to the wild. THE ASSOCIATED PRESS



Biometrics are quickly becoming a feasible alternative to cards, bar codes, PINs and passwords. AFP/GETTY IMAGES

Biometrics easing into private sector

TECHNOLOGY

But consumer reluctance still hindering wide adoption

Biometrics — measuring unique physical characteristics to verify identity — was once a form of cutting-edge technology found only in science-fiction and spy movies.

But the authentication techniques are now not only being integrated into our most-used devices, but are quickly becoming a feasible — and in some cases convenient — alternative to plastic cards, bar codes, PIN numbers and passwords.

Many private companies in sectors from banking to health care are embracing the technology as a personalized means of

reaching potential customers, as well as a way to offer safer, more secure interactions.

Retailers are interested in facial recognition software as they look for ways to target consumers when they walk into stores with products aimed specifically at them.

Companies would love to be able to use the technology to reduce shoppers to a unique consumer profile, but they can't move faster than people are comfortable with, said Andy Adler, a professor of systems and computer engineering at Carleton University.

Although the technology has made strides, widespread adoption is still hindered both by consumer reluctance and unreliability. Even if biometrics is more secure than a chip or PIN, using it is still in many cases an inconvenience. To employ biometrics, retailers would have to

purchase terminals and consumers would have to deal with the glitches and delays that come with cutting-edge technology.

Fingerprints, faces and iris scanning are still the most-developed forms of biometric identification, but even those systems have limitations and can be fooled. Fingerprinting is probably the most widely known type of biometric ID, but it is also one of the most easily copied or "spoofed."

Meanwhile, Adler believes voice recognition, gait measuring or ear-shape analysis are still too new to be trusted on their own.

"They're exciting, but we're not going to see uptake until they start working well," Adler said. "Things haven't changed as much as one might guess."

Wariness on the part of consumers about giving up identifying data to big corporations is one of the main hindrances to wider spread adoption, said Karl Martin, founder and chief technology officer at Nymi.

TORSTAR NEWS SERVICE

“We’re not going to see uptake until they start working well.”
Andy Adler

+ WHO'S USING IT

Apple's Touch ID, which uses a fingerprint to unlock a user's iPhone, may be the best-known biometric system, but other companies are also dabbling in the space.

Ford is exploring a biometrics system that could let users open and start their car with their fingerprints, pulse or voice, rendering keys unnecessary.

Insurer Manulife recently launched a voice recognition system. Instead of a password, callers say "At Manulife, my voice is my password" and software determines if that matches the voice associated with an account.

MasterCard will launch "selfie pay" in Canada later this year, using facial recognition instead of a passcode or signature to make payments in stores. MasterCard is also testing heartbeat identification software from Toronto-based Nymi, which uses a wristband embedded with an electrocardiogram sensor.

LEGISLATION

MP tables bill after hackles raised over cat, dog fur imports

Jessica Smith Cross
Metro | Toronto

Is the coat you're wearing made from a cat? Before you scramble to check the tag, know this: No one has to tell you if it is.

Toronto MP Nathaniel Erskine-Smith is out to change that. He has tabled a private member's bill that would ban the importation of cat and dog fur and require labels that tell consumers what kind of fur is on their garments.

For years, animal rights ac-

tivists have warned that dog and cat fur enters the Canadian fashion market from China and is sold to unknowing customers.

"There are no statistics, as far as I can tell, because it really is an underground market," Erskine-Smith said. "It's not an

illegal market, for the moment, but it's not well publicized."

Most countries, including the U.S., instituted bans on cat and dog fur years ago. Canada, on the other hand, hasn't taken action despite previous legislation introduced by members of both the Liberal and NDP

caucuses.

More than half — 60 per cent — of all fur garments that enter Canada come from China, a trade that's worth about \$12 million a year, according to Industry Canada. The use of dogs and cats in China's fur trade has been well documented by

journalists and activists.

In Canada, dog fur-lined jackets have turned up in police investigations of counterfeit goods. In Toronto alone, police seized a number of knock-off parkas with German shepherd-lined hoods in 2012 as part of a massive counterfeit crackdown.

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metroview

ROSEMARY WESTWOOD

ON NANCY JO SALES'S **AMERICAN GIRLS**

Ironically, as feminism is rising again as a force in media, politics and the culture at large, this book explores how feminism is seen as the anti-cool, the anti-chill, among many teens. And that is chilling.

Grade 9, 1999, was the year of the blow job at my junior high school. Not everyone was giving — or getting — but in general, it was the year when girls started giving boys oral sex. Mind you, never the other way around.

There were parties sans parents and blackberry coolers that tasted like pop. I wore tight pants and chunky heels. I had a Samsung flip phone I shared with two siblings. We fought over it on weekends.

But I never got this message: "SEND NOODZ."

That text marks the beginning of a deeply upsetting foray into the world of today's American teenager. Nancy Jo Sales's new book, *American Girls: Social Media and the Secret Lives of Teenagers* should make you grateful you're not a teenager. It left me relieved social media and pornography were sprinkled on my adolescence — but did not saturate, define, or seek to control it.

The book is indexed under Parenting and Women's Issues. But it is really about technology's dramatic impact on the sexual development of kids, and our complete ignorance — no, negligence — in helping children understand its force, and develop a healthy sense of self and sexuality.

The book focuses on girls, because in our still-sexist society, the damaging aspects of technology fall disproportionately on young girls.

Digital pornography is catching children at their sexual awakening.

There's no reason to think it's any different for Canadian youth. Think of the cavalier way a sexually graphic image of a drunk 17-year-old Rehteah Parsons was passed around a Nova Scotia school in 2011, to deadly effect.

Ironically, as feminism is rising again as a force in media, politics and the culture at large, this book explores how feminism is seen

19-year-old complains, "Our whole society has become porn. No one wants to look at that." Hookup culture is "for him and him only," she says. "It's just not working."

It would be easy to accuse Sales of criticizing women's sexuality in this book, if not for two things: First, the girls themselves say they're anxious about the constant need to look hot on social media



NO RULES Teens' social lives online are like a never-ending house party where the parents are away, Rosemary Westwood writes. STURTI/ISTOCK

as the anti-cool, the anti-chill, among many teens. And that is chilling.

It's also enraging. This book took me weeks to read, because I kept shutting it in disgust. I yelled about it to friends at a dinner party. Sales gives over nearly half the text to the direct voices of teenage girls, ages 13 to 19, as they talk about boys, sexting, social pressures and sexuality. She empathizes deeply with them, and thus I did too.

A 13-year-old recounts how boys pass around nude photos of classmates to older boys in exchange for alcohol. We hear about "slut pages," where nude photos sent to one boy are posted publicly on social media (technically a crime). A

and appear sexually attractive to boys; second, the boys express willingness to continue that old cliché double-standard of the slut and the stud, and little interest in intimacy, since sex is so available without it, digitally and otherwise.

The book avoids moral panic over teenage sexuality, but puts porn culture and social media directly in the crosshairs. It's not that teenagers today are different than I was. It's that their world is.

In the book, not only do parents appear largely ignorant of their children's social media lives, but schools appear inept at giving kids the critical-thinking tools Sales says they need to navigate the new landscape. And in some



cases, law enforcement's response has been to charge young people with taking or possessing photos of themselves, a move comically at odds with a culture that prizes the nude-selfie queen Kim Kardashian.

As if to drive the point home, last week I got an advertising email from "GoSexy Final Touch," an app that claims to "put the power in girls' hands to look their best in their photos."

In the lives of teenagers, social media is our sexist society on speed. There is a twisted focus on self-promotion instead of self-development. Wanting to look good isn't a problem, but wanting "to be liked and loved and considered hot by strangers on social media," as Sales writes, is. "For girls now to model themselves in the image of pornography, one could argue, is for them to embrace their own disempowerment."

Digital pornography is catching children at their sexual awakening, and shaping their understanding of pleasure, agency and consent.

And while there are plenty of critical thinkers in Sales's book, it's scary to think we're leaving them to navigate a new frontier all on their own.

It's as if, on social media, kids grow up without any parents. They don't just have the house for the weekend to throw a party — the parents were never there to begin with.

And so, this book should be read by parents. It should be read by teachers and principals. It should be read by police officers. It should be read by women. It should be read by men. And all other genders.

Then, at least, we won't be able to claim ignorance.

The double tragedy of Cody Glode's preventable death

HALIFAX MATTERS

Stephen Kimber



Cody Glode had everything to live for. He was a handsome 20-year-old, the youngest firefighter — and first Mi'kmaq — in Truro's fire service.

"The boys at the fire department welcomed (him) with open arms," his mother says, but Cody's "true passion" remained mixed martial arts.

He was a featherweight fighter. His goal was to turn pro. He won his most recent bout by a technical knockout in the third round, and had three more fights scheduled this spring.

Today, the online notice for each event reads simply: "Cancelled bout."

For all that the rest of us might look at Cody Glode and see only achievement and promise, Cody himself was trailed by depression's "black dog." Diagnosed when he was just 12, he'd managed his symptoms well until last fall when he began "spiralling downward" again.

On March 2, Cody died by suicide.

He isn't alone. Suicides account for 24 per cent of all deaths among 15-24 year olds in Canada. The situation seems worse for young men, and worse again for indigenous people.

The larger tragedy is how poorly our health system responds to mental illness.

But the larger tragedy in the human tragedy of Cody Glode's death is how poorly our health system responds to mental illness.

Cody's mother says the family reached out to the province's mental health helpline in February. They were directed to their local hospital's emergency room, where he was given medication and sent on his way. They followed up with his family doctor, but the best he could manage was an appointment with a psychiatrist at the end of April. They eventually found a therapist themselves, but it proved too late.

After Metro first told Cody's story last week, provincial opposition leaders responded predictably — but correctly.

Progressive Conservative leader Jamie Baillie renewed his year-old call for an inquiry into mental health services, and NDP health critic Dave Wilson urged the government to "invest in mental health" in its upcoming budget.

Health Minister Leo Glavine agreed there is a problem, but says the top doctor in charge of mental health services is "putting together a clinical services review." But he offered no timeline for what he called a "stronger" provincial approach.

That's not good enough.

There's a reason we call suicide a "preventable cause of death."

Stephen Kimber is a professor of journalism at the University of King's College in Halifax and an award-winning writer, editor and broadcaster. Halifax matters runs every Monday.

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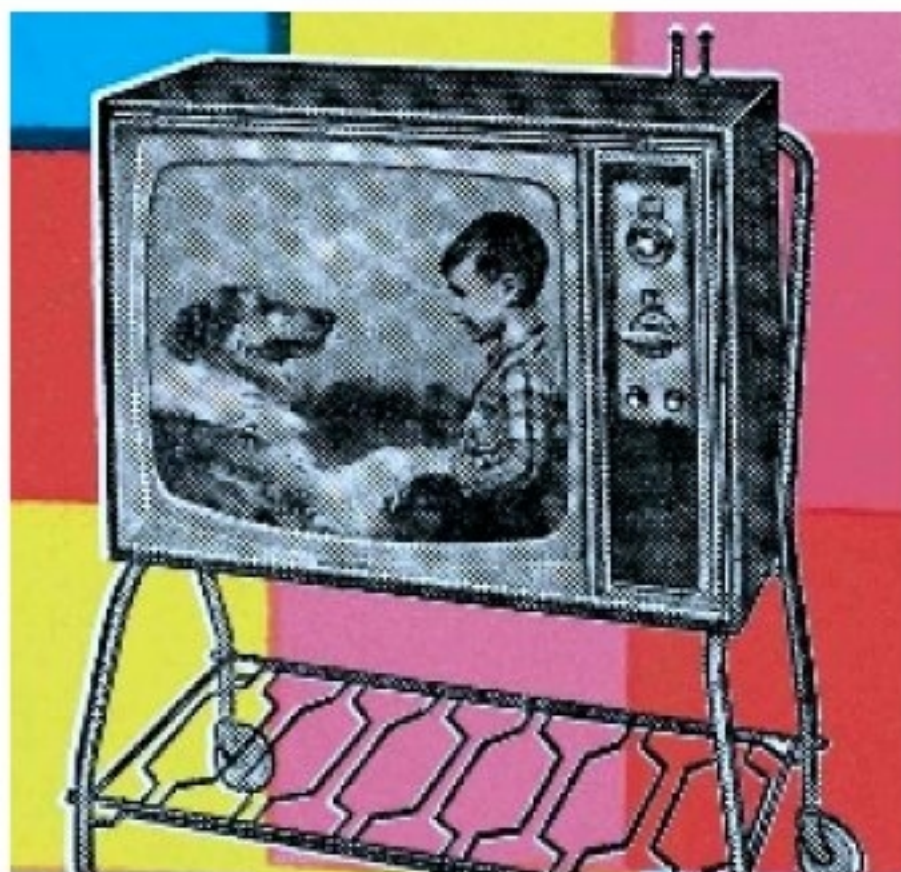
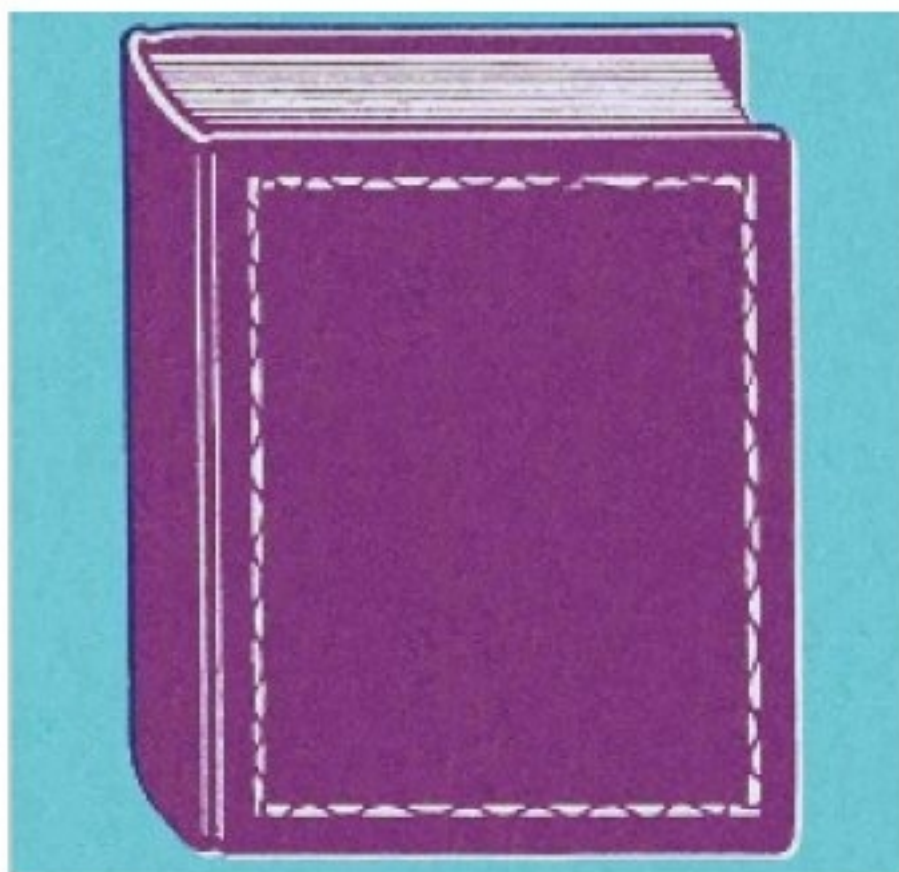
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Arts groups eye budget boost

LIBERAL GOVERNMENT

Culture orgs are tired of being seen as 'beggars'

Megan Haynes
For Metro Canada



The Canadian arts community is optimistic ahead of Prime Minister Justin Trudeau's inaugural federal budget.

Banking on Liberal campaign promises, various industry spokespeople expect an infusion of money towards the arts. This includes renewed funding for

the CBC, the Canadian Council for the Arts (CCA), Telefilm and the National Film Board.

"There's been a consistent message from the new government that there's a real will to make a re-investment in arts and culture," says Simon Brault, director and CEO at the CCA, a federally-funded body that invests in and promotes Canadian artists. Last year, it distributed more than \$155 million to artists through grants and prizes, including the Governor General's Literary Awards, which have been given to authors including Patrick deWitt (*The Sisters Brothers*), Guy Vanderhaeghe (*Daddy Lenin and Other Stories*) and Linda Spalding (*The Purchase*).

The Liberals promised to invest \$150 million in annual fund-

ing at the CBC, which saw its budgets slashed by \$115 million under the Conservative government. Brault expects \$75 million to be dished out this year, and the full promised amount rolled out by 2018.

The CCA also expects to see its annual budgets double over the next two years to \$360 million, as well as a re-investment in the film-industry bodies National Film Board and Telefilm to \$25 million across both organizations. The government also promised to restore \$25 million in funding to bodies that facilitate arts exchanges internationally.

If this money comes through, it will send a strong signal that arts and culture is a valued contributor to Canadian society, says Elliott Anderson, acting director

of public policy research and communication at ACTRA, the union body representing actors.

It's a departure from the previous government's era of budget cuts and funding stagnation, he says.

"There was a feeling for a long time that everyone in the arts community was a target — if you made one misstep, (the government) would use it as proof that more cuts were needed," Anderson says. "(Former Prime Minister Stephen) Harper's government did leave a certain level of mistrust, but people are very excited about the prospect of change."

The CCA already has a comprehensive plan, should the increased funding come through in tomorrow's budget. Beyond creating more grant opportunities

for artists, writers and musicians, Brault says the plan is to focus on helping the arts community better adopt digital platforms — an area he says Canada has fallen behind on. Increased funding will also allow the CCA to double down on efforts to engage previously neglected groups, including youth and indigenous people.

In the broadcast sector, increased funding means more opportunities for original Canadian production, which in turn creates more jobs for those involved with TV and cinema, says Anderson.

Beyond funding, there is hope for a focus for Canada on the international stage. For example, in 2014 the Conservatives denied a \$6.5 million request that would have sent Canada to be guest of honour at the Frankfurt Book

Fair, considered one of the most important international events on the literary scene. Canada has again been asked, this time for the 2020 fair, with a funding request of \$4 million.

The invitation is still under consideration, according to a spokesperson from the Department of Canadian Heritage. But Anita Purcell, executive director of the Canadian Authors Association, says based on government's rhetoric, she's confident they will accept the invite.

"There's an appetite (at the federal level) to show Canadian culture. There is a sense that people in the arts sector feel more valued, and have a role to play," Brault says. "We feel invited — not as beggars, but as contributors," he says.

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LESLEY-ANNE SCORGIE
metromoney

THE CHALLENGE: Annick, 24 and from Calgary and Yolanda, 27 and from Mississauga, have agreed to intensive 12-week Money Coaching with Metro's financial guru Lesley-Anne Scorgie. These ladies have four weeks remaining to eliminate their consumer debt and accumulate a significant chunk of money for a down payment. Can they reach their goals?

THIS WEEK: Annick must choose whether to honour her deal to pay off her debt or sell her expensive Beyoncé ticket.

NEXT WEEK: Yolanda has decided to reward herself with a trip to Montreal. But will this mean she'll miss her April contribution towards her down payment? She'd better start hoping for a generous tax refund to cover the costs.

LESLEY-ANNE SCORGIE IS A BESTSELLING AUTHOR AND FOUNDER OF MEVEST, A MONEY COACHING SERVICE FOR CANADIANS. FOLLOW HER @LESLEYSCORGIE



If you treat a financial failure as a lesson and don't repeat it, you'll move on to achieve your next financial goal

Will Annick and Yolanda's financial goals be met? **Metro's finance guru Lesley-Anne Scorgie** has only a few weeks left to get Annick back on track to achieve her financial goals.

Turning Bey into big bucks

THE SITUATION

I have a dilemma on my hands. Three weeks ago Annick splurged to purchase a \$322 Beyoncé ticket. To afford this once-in-a-lifetime experience, she missed this month's debt-reduction target of \$900 and only paid \$550.

We made a deal that if Annick didn't reach her goal by March 15, she'd have to sell her ticket.

Being a young woman of her word, Annick posted a compelling Kijiji ad.

Here's the thing though, when I clicked on the ad link, staring right back at me was a \$500 price tag for Annick's kick-ass Beyoncé floor seat. (Ed's note: Reselling tickets at more than face value is legal in Alberta, and has been since the province scrapped the Amusements Act in 2009)

Hello Miss Resourceful! Annick will make \$175 off this transaction (after postage).

I'm big into hawking things online for a premium price, so I want to reward Annick for thinking like an entrepreneur. Imagine if she applied this same principle in other areas of her life...

There are three approaches Annick can take.

1). School of hard-knocks. She sells her ticket and applies ALL the proceeds to her debt.

2). Balance. She sells her ticket and applies \$350 to her debt and uses the remaining \$150 to purchase a less expensive ticket.

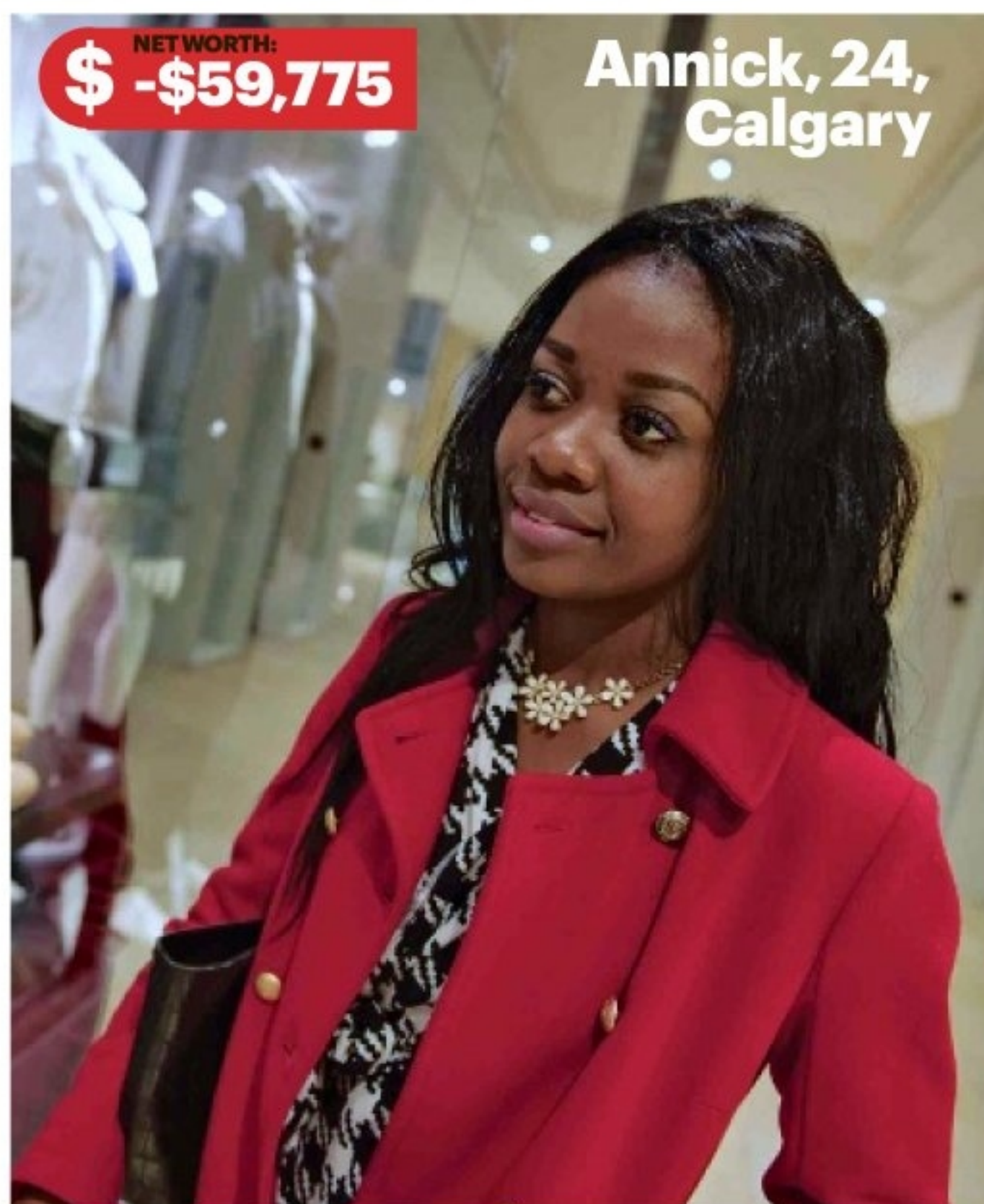
3). Off-the-hook. I give her a 15-day extension to reach her debt-reduction target.

I'm leaning towards option two because no financial lesson is ever learned without follow-through; and in Annick's case that means being accountable to her financial goals.

BY THE NUMBERS

Annick has been hyper-vigilant about adding to her bottom line. Since we met in December, she's improved her net worth by \$2,675. Can she meet her target of consumer-debt freedom by July?

Assets	Dec. 2015	Mar. 2016
RRSP	\$350	\$850
Total Assets	\$350	\$850
Liabilities		
Student Loan	\$58,800	\$58,350
VISA	\$1,500	\$1,200
MasterCard	\$650	\$475
Other Loans	\$1,600	\$350
Taxes	\$250	\$250
Total Liabilities	\$62,800	\$60,625
Net Worth	(\$62,450)	(\$59,775)



Annick has found her entrepreneurial spirit by aiming to make money on the concert ticket she has to sell this month. JENNIFER FRIESEN, FOR METRO

THE LESSON

Have you ever over-promised? Of course you have!

Financially, and in the case of Annick, this often results in not achieving a particular money milestone like paying off one's credit card balance, achieving a raise or foregoing that extra RRSP contribution.

It feels rotten to fail.

But, if you treat a financial failure as a lesson, and don't repeat it, you'll move on to achieve your next financial goal.

The caveat however is to set realistic goals that stretch you, but aren't out of reach.

Annick's going to pay a

financial penalty for over-promising.

But, she has a choice to either let that penalty sink her financial ship or motivate her to avoid splurges and make more money.

Knowing her, and her newfound entrepreneurial spirit, she'll choose the latter.

Weeknights at 6:30pm: Countdown the HOTTEST songs of the day.

SIX@6 LAST NIGHT:

- 6 Terry Lanez Say It
- 5 Meghan Trainor No
- 4 Lukas Graham 7 Years
- 3 Zayn Pillow Talk
- 2 G-Eazy ft. Bebe Rexha Me, Myself and I
- 1 Rihanna ft. Drake Work



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FINANCES

Stay positive when tackling your debt

Gail Vaz-Oxlade
For Metro Canada



How many times have you promised yourself that you're going to get to debt-free forever only to find that after the initial burst of enthusiasm your momentum evaporates?

It's not unusual to feel less motivated once the initial adrenaline rush of making the decision and taking the early steps have had time to get a little old. There is, after all, a natural rhythm to our

emotions — peaks and valleys.

When we start something new, there's the thrill of mental and physical activity. We make the plans, draw up the debt repayment plan, create a chart to show how we're doing.

By week 16, we're pretty sick of not having any money to buy coffee, packing our lunch for work, and having to tell our partner, our children, our friends, that we're broke and can't spend any money.

While the initial burst of energy is what you need to get you going, the inevitable slump

that follows can be enough to stop you in your tracks, if you let it. But if you know it's going to come, and you develop a strategy for dealing with it, you're much more likely to slog through and get back on track to your big goal.

Being prepared for the let-down is key. Instead of giving into the negativity, step back and take a good look at why you're feeling frustrated, angry or sad. Are you disappointed by your results? Are your feelings even justified? Or are they simply part of the natural emotional rhythm?

When you did your debt re-

payment plan, you decided how long it was going to take to get out of the hole. If you went with 36 months, you have to be prepared for several slumps along the way. If you aren't prepared, your emotions may drive you to go out and spend money on credit that will only worsen your situation.

But knowing that a slump is going to come means you can be ready with a tactic for dealing with that slump. Haul yourself out of the emotional dumper and turn those negative thoughts to positive ones.

After Saturday's 87-79 loss to the Spurs, the 62-7 Warriors can lose only two more games if they hope to beat the 1995-96 Bulls' best-ever finish



Maroon, white and bronze at Saint Mary's

CIS ROUNDUP

Huskies collect national medals in three sports



Kristen Lipscombe
Metro | Halifax

It's not the colour they wanted, but it still shines pretty bright.

The Saint Mary's Huskies skated to a 5-2 win over the Saskatchewan Huskies late Sunday afternoon to snag Canadian Interuniversity Sport bronze, capping off an injury-riddled season with a meaningful medal win in front of 2,535 fans at the Scotiabank Centre.

"To win your last game of the year is a great feeling," third-year forward Stephen MacAulay said at the post-game news conference.

"I know it's not the colour we wanted, but we're still very proud of what we accomplished today," said the 23-year-old from Cole Harbour, who notched a goal and an assist Sunday.

MacAulay finished the weekend with three goals and an assist, good enough for third in scoring overall.

The Huskies, who came into the tournament seeded last in

+ WOMEN'S

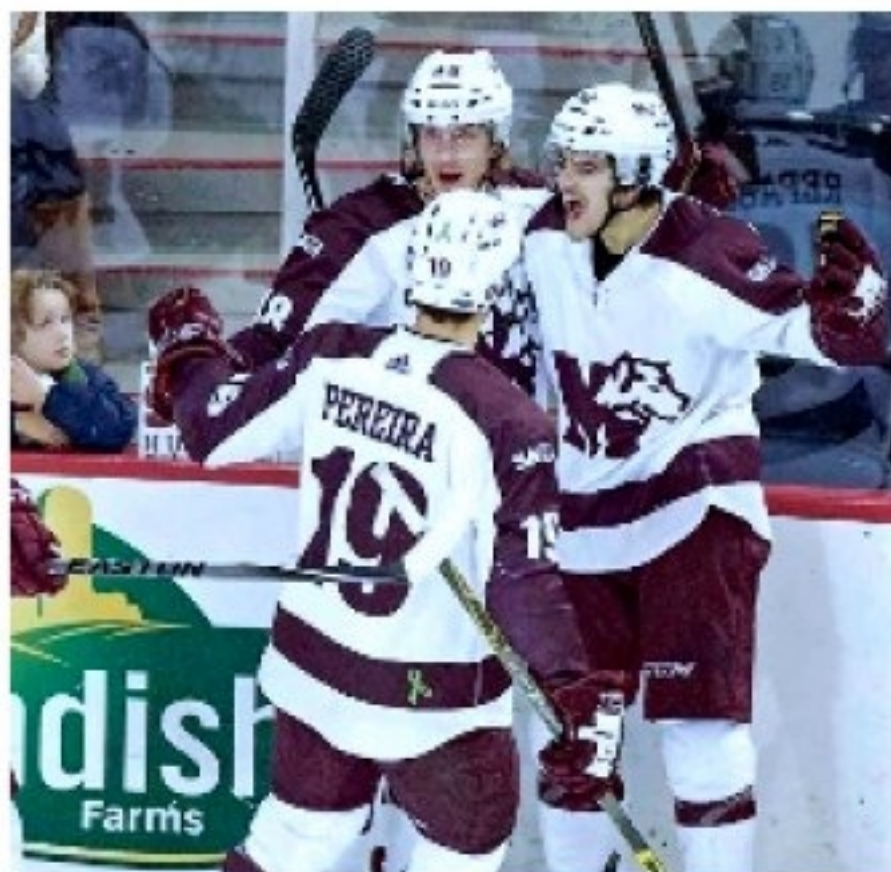
Men's hockey players weren't the only Saint Mary's Huskies who had bronze medals placed around their necks Sunday.

In women's hockey, the Huskies claimed their first-ever national bronze with a 3-1 win over the top-ranked Guelph Gryphons at the 2016 CIS Women's Hockey Championship, hosted out of the Markin MacPhail Centre in Calgary.

In women's basketball, the Huskies snagged the bronze medal with a 56-43 win over the McGill Martlets at the 2016 CIS Women's Basketball Final 8 Championship, held at the University of New Brunswick in Fredericton.

eighth-place after falling to the St. Francis Xavier-Men in the AUS final, edged the No. 1-ranked UQTR Patriotes 3-2 in quarter-final action Friday and fell 4-0 to the fifth-seeded UNB Varsity Reds in semifinals on Saturday to end up in the bronze-medal match.

"Obviously, last night was so emotional and we came out a little flat," MacAulay said of semis. "We were disappointed with our effort, but after the game we turned our focus to



The Huskies celebrate Anthony Repaci's goal on Sunday at Scotiabank Centre. ANDREW VAUGHAN/THE CANADIAN PRESS

today."

On Sunday, forward Calder Brooks scored twice, while Anthony Repaci added a goal and an assist and Gerrad Grant had a single. For Saskatchewan, Jesse Ross and Josh Roach both scored.

"We really wanted to do it for these two," MacAulay said of two fifth-year defencemen sitting beside him, Jamie Doornbosch and Michael D'Orazio. "And the three other fifth-years and a couple other

guys that are graduating."

Doornbosch and D'Orazio were also on the Huskies team that snagged silver at the 2013 CIS University Cup.

"That's a hell of a university career," Saint Mary's Huskies head coach Trevor Stienburg said. "To come get your degree and, in a short period of time, have two medals at the nationals."

"They can't take these medals away from us," Stienburg said.

Crithclow and UNB 'finally got 'er done'

The look on forward Cam Crithclow's face Sunday night was pure hockey gold.

The UNB Varsity Reds captain hoisted the University Cup high above his head, his playoff beard thick, sweat dripping down his face, his big grin not hiding the big holes where his front teeth used to be.

The Varsity Reds defeated rival St. Francis Xavier 3-1 in the gold-medal game of this year's Canadian Interuniversity Sport men's hockey championship in front of an almost sold-out crowd of 9,873 fans at the Scotiabank Centre.

It was a rematch of the AUS championship series, which saw the X-Men beat the Varsity Reds in a best-of-three series.

It was also UNB's second straight year appearing in the final at the Scotiabank Centre. Last season the Varsity Reds fell 6-3 to the Alberta Golden Bears.

"We finally got 'er done!" said Crithclow, who spent one of six QMJHL seasons lacing up with the local Mooseheads.

+ FIRST TIMERS

This year marks a sixth national championship title for the UNB Varsity Reds, as well as a medal sweep for the AUS conference.

"We have a pretty special group here, a lot of depth, a lot of great players," he said. "The guys supported each other ... all season."

In Sunday night's final, Christopher Clappert notched one for UNB early in the first, but Zack MacQueen tied it up with just 11 seconds left in the opening frame.

Two quick goals within 17 seconds of each other in the second, the first from Franis Beauvillier on the power play and the second from Tyler Carroll gave the Varsity Reds the momentum they needed to skate to CIS success. KRISTEN LIPSCOMBE/METRO

IN BRIEF

Tigers just miss out on 3rd

The Dalhousie Tigers may have lost out on a medal in men's basketball Sunday, but they still managed their best-ever finish at the 2016 CIS Final 8 Championship.

The Tigers dropped an 85-78 decision to the Ryerson Rams in the bronze-medal game held at the University of British Columbia in Vancouver.

But they walked off the

court proud to claim that they're fourth best in the country.

Forward Kashrell Lawrence led Dalhousie with 19 points and eight rebounds. Forward Sven Stammberger put up 13 points and pulled down seven rebounds, while guard Jordan Aquino-Serjue also scored 13 points and added six assists.

KRISTEN LIPSCOMBE/METRO



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TENNIS DJOKOVIC TRIUMPHS World No. 1 Novak Djokovic, left, rolled past Milos Raonic of Thornhill, Ont., 6-2, 6-0 Sunday at Indian Wells, Calif., to win the BNP Paribas Open for a record fifth time. In the women's final, Victoria Azarenka defeated Serena Williams 6-4, 6-4. ROBYN BECK/GETTY IMAGES

Mooseheads end season with split

JUNIOR HOCKEY

Beat Moncton, then lost to Charlottetown over weekend



Kristen Lipscombe
Metro | Halifax

The Halifax Mooseheads capped off their season over the weekend with a win and a loss on the road.

The Herd beat the Moncton Wildcats 7-4 on Friday night, but dropped a 5-2 decision to the Charlottetown Islanders on Saturday evening.

Friday at the Moncton Coliseum, forward Maxime Fortier

was named second star of the game for putting a goal and two assists on the scoresheet. Forward Vincent Watt was named third star for his two goals.

Otto Somppi had three points with a goal and two assists, while Arnaud Durand, Walter Flower and Andrew Shewfelt all scored singles and added helpers. Kevin Resop made 26 saves.

For the Wildcats, who finish the regular season in second place in the Maritimes Division, forward Conor Garland was named first star for his goal. Vaclav Karabacek added a goal and an assist, while Kelly Klima and former Herd D-man Cody Donaghey also scored. The Wildcats swapped goaltender Keven Bouchard for Blade Mann-Dixon midway through the first after

three straight Mooseheads goals.

On Saturday at the Eastlink Centre, both goaltenders performed well, with the Herd's Eric Brassard making 32 saves and Mason McDonald of Halifax stopping 35 shots.

Centre Joel Bishop and defenceman Morgan Nauss scored the two Mooseheads goals.

For the Islanders, who finish fourth in the Maritimes, Keith Getson notched two, while Bradley Kennedy, Kameron Kiely and Daniel Sprong all had singles, Sprong's on the empty net.

The weekend split gave the Mooseheads a final 21-39-7-1 record on the 2015-16 regular season, putting them at sixth and last place in the Maritimes, and 17th overall in the Quebec Major Junior Hockey League. There are no playoffs this year.

NBL CANADA

Hurricanes blow into Ontario, return with mixed success

The Halifax Hurricanes had mixed results on their Ontario road trip over the weekend.

On Friday night, the 'Canes capped off a 126-121 win over the Orangeville As in overtime, with Halifax guard Shane Gibson hitting a trio of three-point shots in the extra frame to help Halifax steal the lead — and the game.

Gibson notched an impressive 42 points over to lead the way through all four quarters, while guard Justin Johnson and forward Mike Glover both put

up 19 points. Glover also pulled down 12 rebounds, while Johnson had seven assists.

Guard Joel Friesen scored 14 points, adding four assists and four rebounds, while guard Cliff Clinkscales put up 10 points, had 16 assists and pulled down seven rebounds.

On Saturday, the two top teams in the league tipped off, as the Atlantic Division-leading 'Canes fell 113-107 to the London Lightning, who are first in the Central Division.

London pulled away from

Halifax in the second half, although the Hurricanes came within five points with just 30 seconds left on the clock.

Centre Kyle Hunt put up 22 points and pulled down seven rebounds, Glover scored 19 points and added nine rebounds, while Johnson notched 19 points and had four assists.

Weekend action gives the Halifax Hurricanes an 18-8 regular-season record, good enough to keep them in first place on the Atlantic side.

KRISTEN LIPSCOMBE/METRO

RECIPE Grilled Salmon Salad



PHOTO: MAYA VISNTEI

Ceri Marsh & Laura Keogh
For Metro Canada

Spring's arrival calls for celebration. We love this salmon dinner that's been transformed into a fresh but hearty salad.

Ready in
Prep time: 10 mins
Cook time: 20 mins

Ingredients

- 8 small red potatoes, sliced in half
- 1 cup frozen corn, thawed
- 1 head of tender lettuce, washed and chopped
- 1 avocado, pitted and cubed
- 6 or 7 plum tomatoes, sliced in half lengthwise
- 2 filets of salmon
- 1 Tbsp olive oil
- 1 lemon, juiced, divided
- salt and pepper

Directions

1. Boil potatoes until tender.

Drain and put aside to cool. Pour frozen corn into a bowl and thaw. Wash, dry and chop the lettuce into ribbons. Turn oven broiler onto 450 degrees.

2. Rinse fish and pat dry with paper towel before coating in a light slick of olive oil and half of the lemon juice, and salt and pepper before placing on a rack or cookie sheet. Shake the corn around the salmon. Place on the highest rack of the oven and cook for between 5 and 10 minutes, depending on salmon thickness. Remove from the oven.

3. Lay on bed of the chopped lettuce. Arrange the potatoes, avocado and tomatoes evenly across the lettuce. Break salmon into bite size pieces with your hands. Arrange on the salad. Shake the charred corn over top and serve with your favourite dressing.

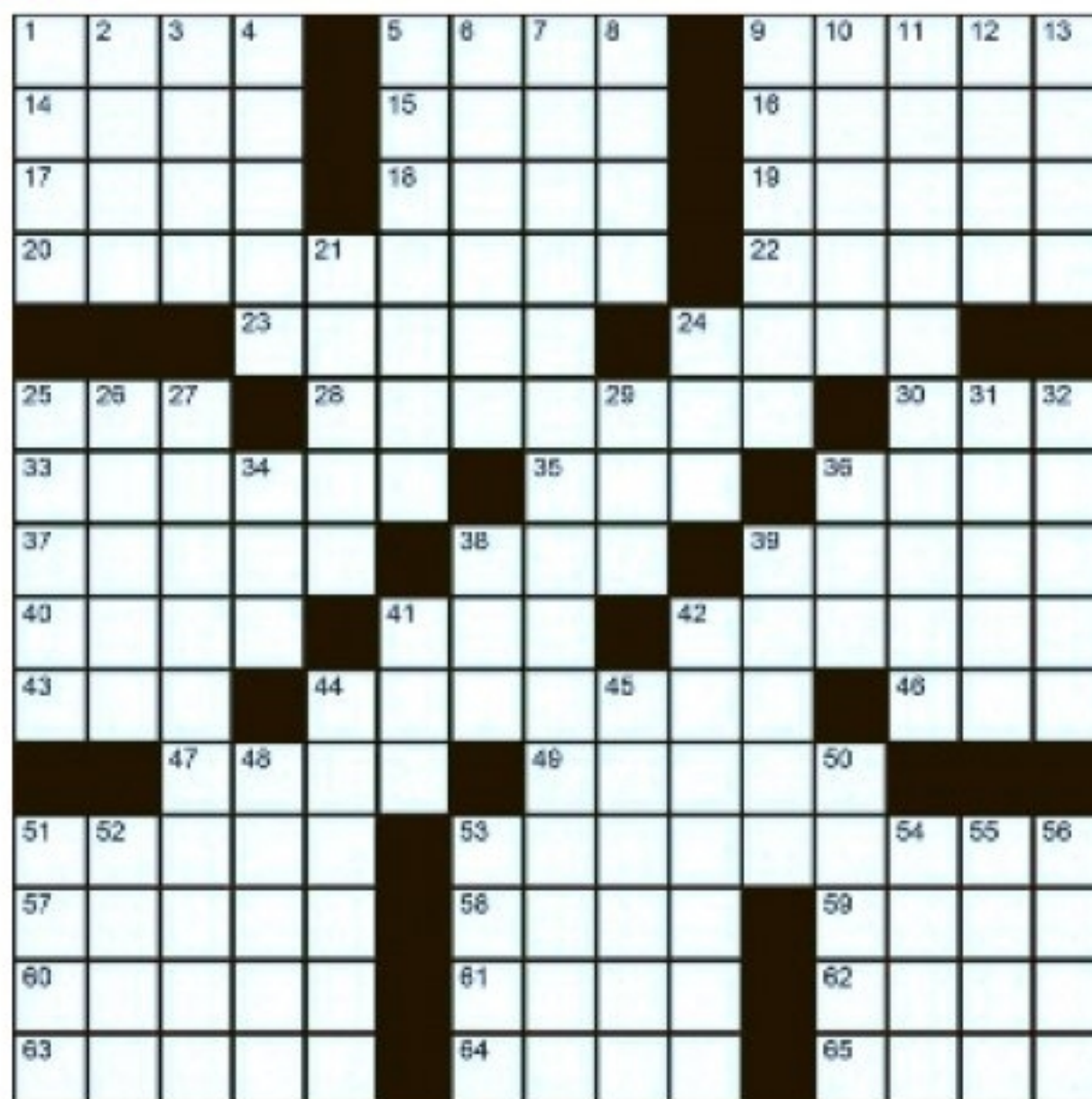
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Kick up a fuss
5. Movie's group of actors
9. Contributed
14. Corn lily
15. Fever symptom
16. "Bleeding Love" singer Ms. Lewis
17. Molson drink
18. Agents, for short
19. Even
20. Small community near La Crete in northern Alberta where #27-Down are from
22. Brightest star in the constellation Orion
23. Nimble
24. Page in a paperback
25. Morse Code bit
28. Green Gables: School which Anne Shirley attended, _ College
30. Traveller's delay
33. Privileged people
35. Hesitant sounds
36. Enormous
37. Close-fitting
38. Stop- _
39. Mountaineer's spike
40. Repeat
41. Prez
42. The Moody Blues tune: " _ Dream"
43. Race the motor
44. Some shorebirds
46. Ophthalmology orb
47. Tel _ Israel
49. Gladden
51. Hairstyling venue
53. Vera Wang customer



57. Mr. Firth
58. Formerly
59. 60 minutes
60. Anoint, olde-style
61. Film _ (Artsy movie style)
62. Vampire Weekend singer Mr. Koenig
63. Vampire novel-

- ist Stephenie
64. _ & Sciences
65. Microscope piece

DOWN

1. Lettuce variety
2. Eddie's "Beverly Hills Cop" (1984) role
3. Place
4. "Instant _" by John Lennon
5. Circus barkers
6. From times-of-yore

7. Queen Elizabeth, _ of the Church of England
8. See if it works
9. Bruce Wayne's butler
10. Alberta village, 'Gateway to the Handhills'
11. Canadian Football

- League legend on the current season of "Dancing with the Stars": 2 wds.
12. 'ence' word-ending alternative
13. Writer Roald
21. White-plumed heron
24. Canadian star of 'Naked Gun' movies ...his initials-shares
25. Dissuade
26. "The Brady Bunch" housekeeper
27. "County Line" Canadian country duo of brothers: 2 wds.
29. _ Medonte (Ontario township)
31. Suffering
32. Wishes granter
34. However
36. Particular pronoun
38. Prefix with 'classical'
39. Plague: French
41. Gladiator's 155
42. Those marking exam papers
44. Tail-to-donkey attacher
45. Prompt/evoke
48. Kind of curtain fabric
50. Lucy's famous sitcom friend
51. Defraud
52. Top-notched
53. _ fide (Authentic)
54. Slowly flow as sludge
55. Go from being a log to ash
56. Time divisions

★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
"It was Monday. It was Monday all day." Yeah, it's that kind of day. Issues at work might be confusing. Steer clear of controversial conversations.

Taurus April 21 - May 21
It's easy to be confused with a friend or a member of a group today, especially regarding shared property or how to spend a certain amount of money. Tread carefully.

Gemini May 22 - June 21
Issues at home are confused today. This could be why relations with partners and close friends are challenged. Just be patient with everyone.

Cancer June 22 - July 23
Be careful today, because initially you might not have all the facts. Or perhaps the facts you have are incorrect. This is why someone will challenge you.

Leo July 24 - Aug. 23
Financial issues are a challenge today. For starters, some kind of deception or confusion is likely. Obstacles might arise with social plans, hotel reservations or something related to sports or children.

Virgo Aug. 24 - Sept. 23
Today the Moon is in your sign, opposing Venus and Neptune, and at odds with Saturn. What does this mean? It means you might not have your facts right.

Libra Sept. 24 - Oct. 23
Be aware of deception and confusion today, especially at work. This might apply to your health. Whatever happens could cause you to worry. Relax — this is temporary.

Scorpio Oct. 24 - Nov. 22
Romantic relationships might disappoint you today. Ditto for financial arrangements! Yes, this is one of those Mondays. Good luck.

Sagittarius Nov. 23 - Dec. 21
This is a poor day to deal with parents and authority figures, because people are uncooperative, in addition to which it's hard to get the right story about anything. Chill out.

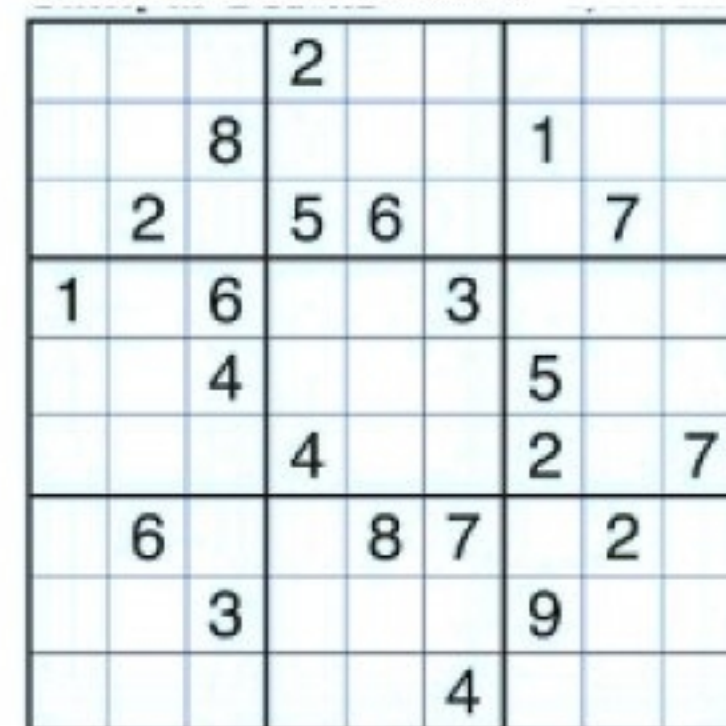
Capricorn Dec. 22 - Jan. 20
You might be worried today. Don't worry — half the world is there with you. Worry is like a rocking chair. It gives you something to do, but gets you nowhere.

Aquarius Jan. 21 - Feb. 19
Be careful about financial matters today, because confusion is rampant. In fact, even deceit is present, so beware!

Pisces Feb. 20 - March 20
This is a tough day for relating to practically everyone. Be respectful and low-key when dealing with authority figures. Be patient with partners and close friends. This is the toughest day of this week.

CONCEPTIS SUDOKU by Dave Green

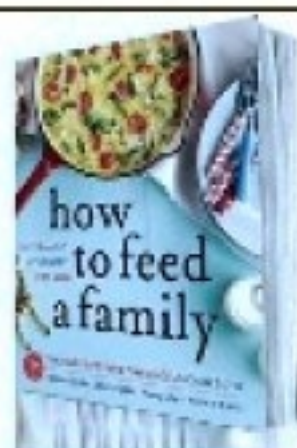
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